



Signs Of Suicide

Is It Right For Your School

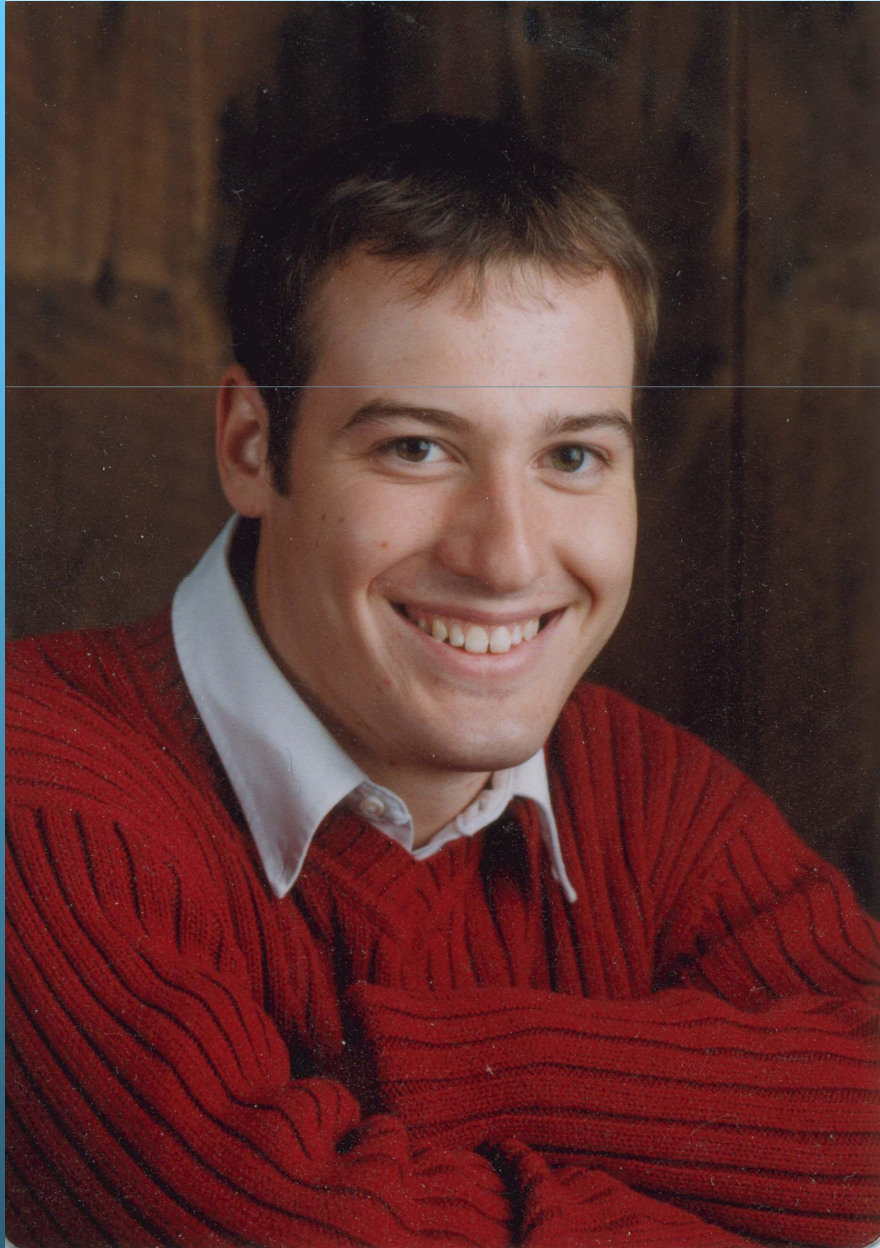
CHADS Coalition for Mental Health

Agenda

- Need
- What is SOS
- Who created and endorses the SOS program
- Validity
- Liability
- Implementation and Cost



Chad



- **Age:** 18
- **Academics:** Honor roll – top 15%
- **Athletics:** Recruited by D1 for soccer, distance runner
- **Church:** active in youth group, retreat leader
- **Activities:** Boy Scouts, computer games, Sci-Fi & fantasy movies & books
- **Awards:** Eagle Scout Award, 5 plaque awards for high school sports, HS Leadership Award
- **Volunteer:** over 100 hours per year, Kirkwood Track club, Ride On St. Louis
- **Personality:** caring, funny,
- **Descriptive words:** Bright, popular, loving, leader,
- **Diagnosis:** Depression, Bi-polar, OCD
- **Died:** April 15, 2004

Does Your School Need a Program



- Suicide crosses all Socioeconomic, Racial, Cultural, Environmental, and Intellectual barriers.
- All our children are vulnerable.
 - Could be your kids
 - Neighbors kids
 - Students in your schools
- The Sad, Sad Truth About Teen Suicide
 - Suicide is the 3rd leading cause of death for the 15-24 age group.
 - More children die from suicide in the 15-19 yr old age group than the top 6 medical causes of death combined.
 - One in 12 students report having made a suicide attempt during the last year. That means 2 students in a typical classroom.
 - In 2004 compared to 2003, suicide rates jumped 8% for 10-24 age group, 76% for girls 10-14 age group
 - In the St. Louis area 30 adolescents and young adults (15-24) die from suicide every year

Good News – There is Hope



- 90% of youth suicides have a mental illness
 - Typically depression
- Depression is the most treatable mental illness
- Depression is a disease
 - Just like cancer, diabetes, heart disease
 - it is genetic
 - It is physiological
- Treatment for Depression
 - Counseling
 - Medicine
- Depression is NOT
 - A weakness
 - Something you or another person caused
 - Something you can fix by yourself

The Best Choice for Schools is SOS



- Created by www.mentalhealthscreening.org in Boston
- CHADS is partnering with SOS to implement it in St. Louis area
- Most Comprehensive
 - 3 Lesson Plans
 - Video and discussion guide – main teaching tools
 - ACT – student empowering technique
 - Depression Screen Form (self appraised) & Response Slip
 - Parent educational and screening materials
 - Teacher Awareness
 - Training Video and Implementation Manual
 - Posters, Educational Brochures
 - Post-vention Guidelines
- The Power of ACT
 - **A**cknowledge the problem, **C**are – respond with Care **T**ell a trusted adult
 - Empowers the students to help others
 - Empowers the students to help themselves
 - Who will an at-risk student talk to, over 90% would rather talk to a peer
 - At Bayless Middle, In the first 24 hours, 5% of the students had successfully used the ACT technique

Does SOS Accomplish it's Goals



- Goals
 - Increase knowledge about the signs of suicide and depression among school staff, students, and their parents
 - Increase effective response to suicidality and depression among school staff, students and parents
 - Increase help-seeking behavior among youth
 - Decrease the incidence of untreated depression, suicidal ideation, and suicidal behaviors in youth
 - Increase self-efficacy and access to mental health services for youth and their families
- Evidence Based Results
 - **Only school based program to be selected by SAMHSA for its National Registry of Evidence-Based Programs and Practices**
 - 40% reduction in suicide attempts, multiple research studies
 - 145% increase in help seeking over 6 months, research study
 - 8% to 15% ask for help immediately, repeatable results every implementation
 - Eliminates cluster suicides in post-vention environment, actual results

Developed and Sponsored by

Developed by Screening for Mental Health, Inc., in association with (<http://www.mentalhealthscreening.org>)

- American Academy of Child and Adolescent Psychiatry
- American Academy of Nurse Practitioners
- American Association for Marriage and Family Therapy
- American Counseling Association
- American School Counselor Association
- American School Health Association
- National Association of School Nurses
- National Association of School Psychologists
- National Association of Secondary School Principals
- National Association of Social Workers
- National Association of Student Councils
- National Education Association Health Information Network
- National Student Assistance Association
- National Peer Helpers Association
- School Social Work Association of America



Who has Implemented



- 3500 schools since 2001
- State Wide initiatives
 - Ohio - Senator Mike DeWine using Federal grant
 - Virginia - The Center for Injury and Violence Prevention of the Virginia Department of Health, in cooperation with the Virginia Department of Education
 - Massachusetts - Department of Public Health
- Large Scale
 - Orange County, FL (Orlando) – 55,000 students (small foundation)
 - Tarrant County, TX (Dallas/Ft. Worth) – 54,000 students (small foundation)
 - Ronald McDonald House – 1000 middle schools nationwide
 - St. Louis Metro area, MO – 200,000 Students, 290 schools by 2011 (CHADS Coalition with WellPoint grant)

Who Likes the SOS Program



- ***"The SOS High School Suicide Prevention Program is an invaluable contribution to efforts to prevent suicides among our nation's youth."***

David Satcher, MD, PhD, Former US Surgeon General

- ***"The SOS High School Suicide Prevention Program is as important to your school and your students as your fire emergency plan, a designated driver plan, or any other life saving instruction."***

Diane Smallwood, PsyD, NCSP

- ***"The American School Counselor Association and its members strongly support the SOS High School Suicide Prevention Program. Those who have implemented it in their schools...have found the program to be both safe and effective."***

Kwok-Sze Richard Wong

Executive Director, American School Counselor Association

- ***"The materials provided by the SOS initiative were excellent which makes the screening and educational component easy to implement. The program provides helpful information to students so that they can make better choices in their lives. I encourage all of our members to consider this unique suicide prevention program as an educational resource for your school."***

Rocco Marano

National Association of Secondary School Principals

How to Reduce Liability



- Common Themes in Lawsuits
 - The institution ignored warning signs of suicide.
 - The institution provided the tools that the student used for suicide.
 - The institution took insufficient steps to address the warning signs.
 - The institution failed to notify the family about the student's condition.
- Liability
 - Prevention programs can serve as an important risk management tool
 - Record of prevention
 - Screening and education is a proactive approach to identifying students with mental health issues
 - Prompt disclosure of a suicide threat to a parent is both legal and prudent.
 - Document steps taken by school, parental follow-up and clinical care status.
 - Joint decision-making

Doing It Right



- Implement
 - Educate Teachers and Staff - \$1200, 1 hr
 - Coordinate with counselors – required, 1 hr
 - Educate Students – required – program \$300, present 1st day - \$1000, 3 class periods (45 min each) in Health class
 - Educate Parents - \$600, 1 hr
- Middle School Ongoing
 - 7th Grade Health
 - 8th Grade Health
 - Parents
 - Teachers – every couple of years
- High School Ongoing
 - Freshman Health
 - Parents of Freshmen
 - Junior or Senior Assembly
 - Teachers – every couple of years
- **CHADS will provide the SOS program & All services at no charge**

Schools Giving Back



Commitment REQUIRED from the School

- Implement and continue SOS program for 5 years.
- Send back Survey to SOS and CHADS Coalition every semester.
- Help spread the word
 - Provide assistance to get SOS program into other schools.
 - Provide testimonials on the SOS program and CHADS Coalition's value add.
- Support CHADS special events.
 - Provide volunteers (service hours)
 - Provide teams and registrants.
 - Publicize in your school
 - Encourage students to attend. (some teachers use extra credit)

What is CHADS Coalition



- Incorporated in 2005, 501c3 organization, St. Louis based
- Mission
 - to advance the knowledge and prevention of adolescent depression and suicide through awareness, education and research.
- Susan G Komen Business Model
 - special events to generate income,
 - presentations to create awareness,
 - the Signs of Suicide program to educate and provide early detection,
 - use our income to fund research.
- Special Events
 - KWK in May, \$108,000, 570 participants, 1400 donors from 44 states
 - Walk/Run in Oct, \$10,000, 440 participants
 - 2007 net Income, over \$97,000
- Research
 - 2008, \$80,000 budgeted
 - 2008 research project, pre and post imaging study after Parent Child Interaction Therapy - Emotion Development" (PCIT-ED).
 - 2008, 4 summer fellowships
 - 2007 research project, MRI Study
 - 2006 research project, data mining of twin study
- Grants
 - 2 MO DMH mini grants
 - WellPoint Foundation SOS grant, \$96,000 spread over 3 years

Contact Information



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- Communities Healing Adolescent Depression and Suicide
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